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Items of Interest:

- Home Safety Month.** June has been designated as Home Safety Month. This year's campaign theme – Hands on Home Safety - asks the public to take some simple steps to create a safer home environment. To learn more about improving home safety, visit the website www.homesafetycouncil.org/ homesafetymonth.
- National Headache Awareness Week.** June 5—11 is National Headache Awareness Week. The theme this year is "Stop Migraines Before They Stop You". About 28 million Americans suffer from migraine headaches. For information about the week and to learn about treatment for migraine headaches, visit the website www.headaches.org.

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Sailors Save Iraqi Contract Worker

By Mass Communications Specialist 2nd Class Cassandra Thompson, Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Public Affairs

KHAWR AL AMAYA OIL TERMINAL, Iraq - The quick response of two USS Port Royal (CG 73) crew members saved the life of an Iraqi contract worker overcome by smoke inhalation while fighting a fire on Khawr Al Amaya oil terminal (KAAOT) May 26.

As part of the Commander, Task Group (CTG) 158.1 emergency response team, Chief Hospital Corpsman Doreen Lehner and Hospital Corpsman 3rd Class Heather Watts were the only medical personnel on the scene when an Iraqi Southern Oil Company worker collapsed due to smoke inhalation.

"He was breathing, but struggling, when we got there," explained Lehner. "Then he slipped out of consciousness. He had a very weak pulse, and he was posturing (the stiffening of the extremities associated with hypoxia). I knew we needed to give him an IV (intravenous feed)."

"I knew he was probably dehydrated, but when I gave him the IV, he stopped breathing for two to three minutes," she said.

The independent duty trained corpsman then attempted to insert a breathing tube down his throat.

"He was unconsciously fighting the tube, but he hadn't breathed in about two minutes," she said. "I knew we were losing him."

"His jaw was clenched tight and

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ZAMBOANGA, Republic of the Philippines -U.S. Navy Dentist Cmdr. Jan DeLorey-Lytte, left and Air Force Dentist Lt. Col. Gary Leake, right, work side-by-side performing tooth extractions during a dental assistance mission at the local Recodo Elementary School, May 28. Both are assigned to the Military Sealift Command (MSC) hospital ship USNS Mercy (T-AH 19). *U.S. Navy photograph by Photographer's Mate 2nd Class Troy Latham*

SECNAV Pins Bronze Star on Pensacola Corpsman

By Rod Duren, Naval Hospital Pensacola Public Affairs

PENSACOLA, Fla. - Secretary of the Navy Donald Winter presented the Bronze Star to Senior Chief Hospital Corpsman (SW/SCW) Reginald Dean at Naval Hospital (NH) Pensacola June 1, for his heroic life-saving actions following a suicide-bomb explosion near Fort Tal-Afar in Iraq.

Winter presented the Bronze Star medal to the Naval Branch Health Clinic Whiting Field, Fla., corpsman before a specially-chosen, six-person 'Honor Formation,' and another full contingent of previously-deployed Naval Hospital personnel.

"This award is unique in and of itself," Winter said. "It is a noteworthy statement of what this individual has done for his country."

Following the presentation, Dean said, he was "overwhelmed and humbled" by the ceremony. "This is by far one of my proudest moments as a Navy hospital corpsman," he said.

While in Iraq, Dean, who grew up in Northport, Mich., was attached as senior enlisted medical

advisor and combat corpsman to Coalition Military Assistance Training Team (CMATT), a multinational security transition command that trained members of the New Iraqi Army and police.

April 12, 2005, in an area outside of Fort Tal-Afar, the independent duty corpsman rushed to the scene of a suicide-bomb explosion that reportedly had killed Iraqi Army soldiers and civilians and caused scores of injuries. Without regard for the inherent danger to himself, Dean rode to the scene in a "thin-skinned" Iraqi ambulance and began triage on 10 wounded, including a four-year-old boy with head injuries.

The senior chief continued to provide care to the child and readied him for a helicopter medical evacuation flight. Those efforts greatly enhanced the boy's chances of survival.

Over the eight months he was in Iraq, Dean was the primary provider rendering life-saving emergency care during six separate mass casualty situations to more than 45 wounded soldiers and civilians.

"Hospital corpsmen are the



PENSACOLA, Fla.—Secretary of the Navy (SECNAV) Dr. Donald C. Winter, presents the Bronze Star to Senior Chief Hospital Corpsman Reginald C. Dean, at Naval Hospital Pensacola. *U.S. Navy photo by Gary Nichols*

most decorated of any other corps in the Navy," said Rear Adm. (Sel.) Matt Nathan, NH Pensacola Commanding Officer.

NH Pensacola has been the most deployed U.S. Navy Medicine command over the past 18 to 24 months. The 'Honor Formation' at the Pensacola award ceremony was a symbolic representation of NH Pensacola personnel's deployments throughout the world – to Iraq, Afghanistan, the Horn of Africa, the Republic of Georgia, and Cuba.

Enterprise Med Depart Prepares For Smallpox Vaccinations

By Mass Communications Specialist 1st Class Jennifer Crenshaw, USS Enterprise Public Affairs

ABOARD USS ENTERPRISE, At Sea - The USS Enterprise (CVN 65) Medical Department held a "Bag-Ex" May 26-27 to gear up for the upcoming round of smallpox vaccinations for the crew and its embarked air wing.

Sailors will begin receiving the vaccine before entering the U.S. 5th Fleet area of responsibility.

Hospital corpsmen (HM) spent two days stuffing 6,000 plastic bags with medical gloves, bandages and a second plastic bag, as they prepared for routine vaccinations.

"When Sailors come to get their shots, we'll give them a bag so they can do their own wound care," said Chief Hospital Corpsman (FMF) Jo Driscole, a preventive medicine technician. "On the fifth day, they are required to return to medical for a follow-up, and we'll give them a second bag."

Driscole emphasized the importance of the follow-up appointment.

"We have to make sure there is a wound; that the

vaccine didn't wash off," Driscole said. "If there isn't a wound, we have to repeat the vaccine."

Each bag contains three pairs of gloves, six bandages and an extra plastic bag for the waste materials. Once Sailors finish their wound care, they'll be able to seal up the dirty bag and throw it away with regular plastic trash.

"The heat of melting the plastic will kill any remaining virus," Driscole said.

The success of this "Bag-Ex" also depended on Supply Department's S-1 Division. Supply department is responsible to ensure all the equipment is available for the corpsmen to use.

"S-1 really helped us out with getting the money for all the supplies," Storekeeper 2nd Class (SW) Stephan Good, medical's storekeeper and repair parts petty officer. "We wouldn't have been able to do this without their help. These supplies cost a total of \$6,500, and it's just for everyone to take care of themselves after they get the shot."

Enterprise Carrier Strike Group is currently on a routinely scheduled six-month deployment.

Medical Professionals Share Experiences During CARAT 2006



SINGAPORE – Capt. David M. Llewellyn, director of medical services for Balboa Naval Hospital, explains U.S. Navy surgical support frameworks to U.S. Navy and Republic of Singapore Navy medical professionals during a medical symposium as part of exercise Cooperation Afloat Readiness and Training (CARAT) 2006, June 1. *Official U.S. Navy CARAT 2006 photo*

By Mass Communications Specialist
1st Class Kathryn Whittenberger,
Commander, Task Force 73 Public
Affairs

SINGAPORE - The Republic of Singapore navy (RSN) medical corps and the Commander, Logistics Group Western Pacific (CLWP) medical department hosted a medical symposium May 31 and June 1 as part of the Singapore phase of exercise Cooperation Afloat Readiness and Training (CARAT) 2006.

In response to requests from both RSN and U.S. Navy (USN) medical personnel, the symposium lasted two days and included tours of Singaporean recompression chambers for undersea medicine and of the medical facilities aboard dock landing ship USS Tortuga (LSD 46) and RSN ship Endurance.

There were also presentations on RSN and USN medical organizational structure, surgical support in conflict, cultural and traditional medicine such as acupuncture, aviation physiology, submarine medical emergencies from both countries, flood and tsunami disaster relief/humanitarian assistance operations, preventive medicine practices, and preparations for avian influenza.

The symposium "provides a platform for RSN medical service personnel to develop interaction with the USN," said RSN Chief Naval Medical Officer Col. (Dr.) John

Wong, who also mentioned that each year, the countries continue to learn more from each other and strengthen those ties.

"The professional exchange with our host nation at the CARAT medical symposium exceeded all of my expectations," said CLWP's Dental Officer, Capt. Michael McNamara.

"A number of years had lapsed without medical participation in CARAT Singapore. I'm thrilled that we put this back on track."

The focus was directed at operational medical support, specifically surface and subsurface issues, and public health issues. RSN Fleet Commander Col. Tan Kai Hoe said that with both countries deploying more frequently, preventive medicine is also becoming more important.

"We are in the medical field to look after those who go in harm's way," said Capt. David M. Llewellyn, director of medical services for San Diego's Balboa Naval Hospital during his brief on surgical support. Llewellyn is very familiar with the Southeast Asia region after the 2004 tsunami, when he was the commanding officer of the medical treatment facility embarked aboard USNS Mercy (T-AH 19) when the ship deployed to render aid to disaster victims.

Looking after people is something the audience had in common,

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Sailors Save Iraqi continued...

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his tongue was blocking his airway," related Watts. "It was pretty scary. I was just trying to stay focused and grab everything chief was asking for. His friends were on either side of him helping us, rubbing his arms and legs to help with circulation, and praying and encouraging him to breathe."

Lehner said she was afraid to move the Iraqi in his weakened condition, even though the platform was being evacuated.

"There was still a certain

amount of risk on the platform, but it was obvious that he was badly injured," Phipps said. "We had to make the decision to do whatever we could to help him and the other terminal workers."

Lehner said in desperation, she tried to insert the oral airway again. This time, it provoked his gag reflex and stimulated him to gasp for air.

"It was like he came back to life," said Lehner. "He quickly sat up and he gasped for air, then started coughing, and coughed out a lot of that fluid. I cleared his airway, got all the fluid out and util-

ized the bag-valve-mask to provide rescue breathing. Then we hurried him out of there."

The Iraqi was transported via RHIB to nearby USS Ogden (LPD 5). He stopped breathing three times before they got to their destination and had to have the oral airway reinserted to prompt his reflexes again. The team then evacuated him via helicopter to USS Peleliu (LHA 5), which has a very capable medical facility aboard. He is currently in Basra and in good condition.

Naval Hospital Jacksonville has the cure for the 'Baby Blues'

By Marsha Childs, Naval Hospital Jacksonville Marketing

JACKSONVILLE - After months of waiting for your new baby to arrive, you are finally faced with the joys and the added responsibilities of a newborn. Because the challenges of motherhood only begin at delivery, you may be feeling overwhelmed. These feelings are not uncommon to new and experienced moms and Naval Hospital Jacksonville is here to help.

Naval Hospital Jacksonville is sponsoring a *Moms for Moms* group open to all military beneficiaries who are having difficulty coping with their new roles. The group will meet the first and third Tuesday of every month from 10-11 a.m. in the Family Practice Conference Room. The first meeting is scheduled for June 6 and family members are encouraged to attend.

It is natural for most women to experience feelings of sadness, anxiety and mood swings when they first bring their new babies

home from the hospital according to the Postpartum Depression (PPD) Hope Information Center. This is due to hormonal changes in women and the normal domestic stress that a new baby can cause in the household, especially those with small children or with a deployed spouse. This is called the "baby blues" and, in most cases, will go away after a couple of weeks.

When these feelings persist for several weeks after delivery, new moms may be experiencing PPD. Women who are suffering from PPD feel extremely sad and lonely. They may lose interest in their families and have difficulty sleeping or eating properly. They may lack interest in sex and their self-esteem plummets. In severe cases, women may think about taking their own life.

Actress and model Brooke Shields says she fought the "mother lode" of emotional battles when she suffered from PPD after the birth of her first child. Friends and family were quick to dismiss

her early warning signs attributing them to lack of rest. In her book, *Down Came the Rain*, she candidly discusses her debilitating and often misunderstood condition. Fortunately, PPD is treatable with anti-depressant medications, along with counseling. About 10-20 percent of all new mothers suffer from PPD. Shields urges new mothers who are experiencing prolonged symptoms to speak with their health care provider about treatment options.

The *Moms for Moms* group at Naval Hospital Jacksonville is designed to provide support and companionship for new moms and to help them deal with their added role of motherhood or mothering another child. The group will be facilitated by a family counselor and nurses. Types of topics for discussion include quieting a crying infant, introducing solid foods, financial demands and exercise. For more information about the group, call (904) 542-Baby (2229) or join us at the next session and bring a friend or family member.

Portsmouth Doctor Leads the Way in Sleep Study

By Mass Communications Specialist
1st Class Eric Deatherage, Naval
Medical Center Portsmouth, Public
Affairs

**NAVAL MEDICAL CENTER
PORTSMOUTH** – Lt. Cmdr. Christopher Duplessis of Internal Medicine, Naval Medical Center Portsmouth, recently completed a study on sleep and watch schedules. The study, "Submarine Watch Schedules: Underway Evaluation of Rotating and Compressed Schedules" recently won Resident Category Two of Naval Medical Center Portsmouth's 21st annual research competition.

"This has far-reaching implications for several communities, even our own hospital," said Duplessis.

Although conducted on a submarine, the study applies to any type of shift work.

The common watch schedule for the Navy is six hours on, 12 hours off. This schedule puts workers on an 18-hour clock as opposed to the

natural circadian (24-hour) clock. Duplessis contends this desynchronization is what is most harmful to shift workers. "It's not so much the working hours, it's the shifting of hours, the disruption of circadian, that influences our health more...our alert levels, proficiency and cognizance."

According to the study, shift workers are more susceptible to chronic sleep deprivation, reduced cognitive performance and various health problems including gastrointestinal illness, coronary artery disease and depression.

With the study, Duplessis had three work sections on a schedule calling for six hours on, six off, six on, 12 off, six on, six off, six on, 24 off. This alternate schedule was designed to keep subjects on the circadian clock, to provide a long, nocturnal sleep period and to exploit the coveted work compression and extended time off, often preferred by shift workers.

The alternate schedule proved to be unpopular with the submariners. After two weeks on each schedule, 52 percent of subjects preferred the standard schedule, 15 percent preferred the alternative schedule and 33 percent were indifferent. "I wasn't surprised," said Duplessis. "It's very convoluted; it was hard to even understand what the schedule was. The schedule was devised by a leading sleep researcher and has achieved great goals for land-based work. Subs present more problems because there is nothing for workers to do with the extra non-work time."

Though that particular study proved unsuccessful, Duplessis says it is a step in the right direction. "It was good that the sub community was receptive and it is possible to look into changes. Now that there is more physiological data, it has opened more eyes. People are recognizing that and seeing if we can come up with something better."

Commander, Navy Medicine West Visits CFAY Medi- cal Personnel

By Bill Doughty, Commander Fleet Activities, Yokosuka, Public Affairs

YOKOSUKA — Rear Admiral Brian G. Brannman, Commander, Navy Medicine West visited the western Pacific recently, met with senior leaders throughout the region, and toured medical treatment facilities. Brannman, Director of the Navy Medical Service Corps, is the Navy's senior healthcare executive as well as Commander, Naval Medical Center, San Diego.

He has served as the Director, Medical Resources, Plans and Policy Division of the Chief of Naval Operations; commanding officer of U.S. Naval Hospital, Okinawa; and commanding officer of Fleet Hospital, Five. Early in his career, Brannman served as medical department head on USS Belleau Wood (LHA-3), where he achieved qualifications as surface warfare medical department officer.

Brannman spoke with the forward-deployed naval forces in Yokosuka, Japan in a televised interview at Commander Fleet Activities, Yokosuka.

Since his visit, Sailors and Marines from USS Essex (LHD 2), USNH Okinawa, USNS Mercy, and elsewhere are once again deployed to assist in humanitarian relief in the region, in the wake of the recent earthquake in Indonesia.



GAITHERSBURG, Md. - As part of the CNO's Community Outreach program, Rear Adm. Carol Turner, Commander, Naval Medical Education and Training Command (NMETC), attended Gaithersburg High School's NJROTC Awards Ceremony and Change of Command on May 20. During the event, Turner and Lt. Cmdr. Skip Gainor, NJROTC Senior Naval Science Instructor, presented a NROTC college scholarship check to Cadet/Ensign Marco Herbas. *U.S. Navy photo by Hospital Corpsman 1st Class Stephen Oreski*

Carat 2006 continued...

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as well as wanting to learn more about the subjects covered.

Chief Hospital Corpsman Michael Holmes from USS Hopper (DDG 70) was interested in the avian influenza brief.

"We get briefs electronically, but it's more beneficial to talk face to face with people who have real experience dealing with it," Holmes said. "This gives us a great opportunity to learn from them."

tunity to really use each other's knowledge."

CARAT is an annual series of bilateral maritime training exercises between the United States and six Southeast Asia nations designed to build relationships and enhance the operational readiness of the participating forces. Singapore is the first phase of CARAT, and exercises with Brunei, Indonesia, Malaysia, the Philippines, and Thailand will round out the three-month series.